

CBD for PMS

Medically, CBD has a unique set of properties that offer incredible healing effects.

Interestingly CBD seems to treat a number of issues that only affect women. One issue widely experienced among women is PMS or Pre- Menstrual Syndrome. 75% of women who experience PMS find it to be incredibly stressful. Women dealing with the symptoms of PMS know that extreme cramps, irritability, headaches and sleeplessness can manifest singly or as a powerful group; presenting debilitating problems. For the 3-8% of the population that suffer from Premenstrual Dysmorphic Disorder, the symptoms can be even worse. It is common to take prescribed antidepressants to battle PMS. Most times these don't work as they do not address the cramps and headaches. Some prescribed meds can even make symptoms worse.

The good news is that evidence suggests CBD to be an effective treatment for multiple symptoms of PMS, both physical and emotional. Research shows that CBD can improve mood, promote relaxation, and regulate sleep patterns.

CBD also treats the inflammation associated with menstrual cramps and headaches. CBD is proven to be 60 to 100 percent more effective than ibuprofen. It also has none of the health risks associated with ibuprofen. If a woman takes 800mg of ibuprofen for cramps, the same results could be accomplished with a 15mg dose of CBD.

While researchers are discovering more about the specific mechanisms that make CBD an effective treatment for PMS, many women are doing their own research in their own homes, and are successfully treating their PMS symptoms with CBD.

Quick CBD Tutorial

CBD is a Cannabinoid that is extracted primarily from the Hemp plant. Unlike its sister the Cannabis plant, the Hemp plant contains little to no amount of THC, which is the substance that creates what is often referred to as a "high". CBD will NOT create any psychoactive effect as it contains no THC. It is non-addictive and does not build up in the body's system. In fact there is evidence that CBD may help in the withdrawal from hardcore addictive drugs. Recently the World Health Organization (WHO) announced that CBD had no health risks.

Considerations on CBD

If you are thinking of taking CBD for PMS you may be pleasantly surprised that you may enjoy one of the many other beneficial properties associated with CBD. There too, if you are using CBD to help in another way, you may not even realize the help given to your PMS.

CBD is natural and organic. We can assume that CBD might be a safer alternative to prescription medication. It is important to consult with your healthcare provider before starting any new supplement program. Our Website: www.cbdsupply.store provides many articles and lists of benefits to help you make an educated decision on how CBD may help.

May we suggest trying one of our **CuBED Hemp based CBD Tinctures**. Available in **1200mg or 3600mg** concentrations, mixed with our exclusive **Extra Virgin Olive Oil from Italy** or with **All Natural Hemp Seed Oil**.
Our Graduated Dropper makes it simple to dose properly.

Dosing Thoughts

It has been suggested starting with a dose of **15 milligrams(mg)** to **20mg** of CBD. As you start experiencing the symptoms of your PMS, increase your dose maybe **5mg to 10mg** every other day until you notice the benefits. Later months you may have to start with a larger dose to start to find your needed dose sooner. With the start of your period, you might want to increase your dosage to help with cramps and headaches. If you are having problems sleeping or if your symptoms creep back towards evening, consider splitting your dose and taking it twice a day.

Adjust accordingly. Remember, you can't take too much. Once you have reached your dosing "sweet spot" and created a pattern, you will be prepared for your next menstrual cycle. Do not be afraid to tweek your dose up a bit if you are having a harder time or down if you feel uncomfortable.

We hope that you might benefit from the remarkable properties being discovered as more and more people continue to take CBD. We are always interested in its results so please share your experiences with us.

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